

Peanut Butter Fun Dip



Healthy Snack Recipe

This recipe packs a protein punch and it tastes good too!



- 3/4 cup plain Greek yogurt
- 1/2 cup creamy or chunky peanut butter
- Dash cinnamon
- 1 tablespoon honey (optional)

Combine all ingredients until smooth. Add honey only if you like it a little sweeter. Serve with sliced apples, graham crackers, pretzels, and celery.

Note: This recipe should not be used by anyone with peanut allergies. Substitute other nut butters if necessary.

ParentTip: Always think safety when doing this or any other family activity.

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